

**** RESULTS ****

FRESNO, NOVEMBER 1 - TWO CITIES MARATHON & HALF MARATHON:

Half Marathon (1,230 finishers) - 148. Bill Schackart (1-65/69) 1:55:09 .. 924. Patsy Schackart (6F-65/69) 2:48:55.

Marathon (342 finishers) - 1. Peter Kemboi/KY-Kenya 2:30:08 (2015 SLO Marathon runner-up).

S.L.D.C ALL-TIME TOP FIVE AT THE FRESNO/SAN JOAQUIN/TWO CITIES MARATHON

1. Jeff Herten/1982	2:50:03	1. Aileen Cota/2013	3:56:55
2. Antonio Arreola/1999	2:50:16	2. Liz Byrnes/2010	4:06:35
3. Keith Kirkpatrick/1981	2:54:23	3. Sharilyn MacKenzie/2011	4:18:02
4. Clem Michel/1981	2:54:27	4. Heidi Harrison/2013	4:22:52
5. Bill van Wyngaarden/1982	2:55:00	5. Patsy Schackart/2010	6:01:50

SAN RAFAEL, NOVEMBER 1 - JOHN LAWSON TAMALPA CHALLENGE (Pacific Assn. USAT&F Grand Prix Series race):

4. Tyler Hoyt/Los Osos-Asics Aggies (ex-Morro Bay HS) 21:59. (67 finishers) - / www.pausatf.org / -

PHILADELPHIA, PENNSYLVANIA, NOVEMBER 1 - ROCK & ROLL HALF MARATHON (15,000 runners):

4. Ben Bruce/AZ 1:04:09 (ex-Cal Poly, winner of numerous local runs including the 2004 & 2006 Baywood Oktoberfest 4 mile).

NEW YORK CITY, NEW YORK, NOVEMBER 1 - NEW YORK CITY MARATHON: Amy Parkinson/SLO-SLDC 3:54:13.

LOMPOC, NOVEMBER 4 - LOS PADRES LEAGUE CROSS COUNTRY CHAMPIONSHIPS (at Cabrillo High School):

Girls - 1. Audrey McClish/Morro Bay 18:18.

SAN LUIS OBISPO, NOVEMBER 5 - PAC-8 LEAGUE CHAMPIONSHIPS

Varsity Boys		Varsity Girls		115. Jack Martin	24:00
1. Callum Bolger	15:25	8. Hope Morgan	19:55	119. Andrew Medlock	24:23
10. Kobi Kelly	16:39	9. Jenny Grady	19:57	124. Carson Opheim	25:04
11. Matt White	16:58	20. Kendall Hamilton	20:53		
27. Garron Knox	17:44	22. Samantha Simard	20:55		
28. Tegan Fleishman	17:45			J.V. Girls (70 finishers)	
32. Cole Bumen	17:55			3. Kate Miller	22:07
35. Aaron Bloom	18:00	J.V. Boys (136 finishers)		4. Emma Hilty	22:12
55. Alex von Dohlen	21:16	17. Jacob Nichols	19:12	5. Shilu Vanasupa	22:17
56. Jacob Scurria	21:24	45. John Polvi	20:20	6. J'aime Radding	22:24
		57. Casey Leebrick	20:37	8. Karla Pascual	22:34

- / Results from Dave Fleishman / -

EL CAJON, NOVEMBER 6 - SOUTHERN CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY CHAMPIONSHIPS:

Men's 4 Mile (193 finishers) - 33. Aramis Knox/Cuesta (SLOHS, SLDC) 21:44. - / www.directathletics.com / -

MONMOUTH, OREGON, NOVEMBER 7 - N.C.A.A. DIVISION II WESTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS:

Men's 10,000 Meters (164 finishers) - 72. William Ernst/Cal Baptist (SLOHS, SLDC) 32:05.

Women's 6,000 Meters (192 finishers) - 67. Olivia Watt/Chico State (SLOHS) 22:37. - / www.directathletics.com / -

JOPLIN, MISSOURI, NOVEMBER 7 - N.C.A.A. DIVISION II CENTRAL REGIONAL CROSS COUNTRY CHAMPIONSHIPS:

Men's 10,000 Meters (176 finishers) - 71. Joshua Ernst/MSU-Moorhead (SLOHS, SLDC) 32:28. - / www.directathletics.com / -

PACIFIC GROVE, NOVEMBER 7 - LIGHTHOUSE 5K (732 finishers):

23. Matthew Shuck (5th-30/34) 21:13 .. 312. Stan Rosenfield (1st-65/69) 33:53. - / www.svetiming.com / -

GRANITE BAY, NOVEMBER 7 - RIO DEL LAGO 100 MILE (353 starters, 227 finishers): 53. David Aguayo/SLO 22:59:00 ..

112. Brent Vanderhoof/SLDC 25:49:02 (100 mile debut) .. 166. Erik Dube/SLO 27:39:27. - / www.ultrassignup.com / -

SANTA BARBARA, NOVEMBER 7 - SANTA BARBARA HALF MARATHON (2,314 finishers): Local runners in the top 100 -

3. Alex Heuchert/SLO 1:11:43 .. 8. Ben Walker/Templeton 1:16:35 .. 70. Stephen Potter/Arroyo Grande 1:30:47. (no SLDC entries)

SACRAMENTO, NOVEMBER 7 - CLARKSBURG HALF MARATHON (Pacific Association USAT&F Grand Prix Series race):

1. Philip Reid/SLO-Aggies (ex-Cal Poly) 1:06:08. (449 finishers) - / www.pausatf.org / -

MOAB, UTAH, NOV. 7 - MOAB TRAIL MARATHON: 1. Mario Mendoza/Bend Oregon (ex-Cambria/Coast Union HS) 3:04:08.

SAN FRANCISCO, NOVEMBER 7 - TEAM ANALYSIS PACIFIC ASSOCIATION CROSS COUNTRY MEET:

From **David Campa**, "We took four boys from the youth team to this meet in Golden Gate Park. They ran really well and all had a fun time. After the meet, we took them to the Golden Gate Bridge, Union Square, and China Town. Here are the

results as well as a couple pictures.” . . . **Boys, Ages 13-14** (2.5 miles) - 4. Colton Campa 14:05.9 .. 5. Matthew Scurria 14:09.1 .. 10. Jack Manning 14:40.0 .. 27. Larry Burt 16:04.7.



PACIFIC GROVE, NOVEMBER 8 - BIG SUR HALF MARATHON (6,549 finishers)

4. Scott Bauhs/SLO-Aggies	1:03:56	327. Matthew Shuck/SLDC	1:39:01	2822. Terry Kaiura/SLO	2:12:04
9. Sean Davidson/SLO-	1:05:25	463. Heather Mora/Paso	1:42:21	3065. Brigid Woods/SLDC	2:14:42
11. Chris Frias/SLO-Aggies	1:05:44	780. John Cornelius/L Osos	1:48:18	4258. Chantal Donahue/SLDC	2:28:44
16. Will Geiken/SLO-Aggies	1:08:48	973. Debra Mares/SLO	1:51:23	5701. Deb Miles/Templeton	2:55:50

MORRO BAY, NOVEMBER 8 - MORRO BAY TRIATHLON:

Sprint Relay - 3. Team Fazzio/Nipomo 1:29:07.. 5. Team Strawberry & Two Blondes/Paso Robles (Heidi Harrison/Kristie Lukes/Martina Kingman) 1:42:59.

Olympic Distance (120 finishers) - 7. Frank Wyer 2:24:31 .. 37. Kim Shollenberger 245:34 .. 94. Cheryl Cochran 3:18:36.

PHOENIX, NOVEMBER 8 - RAGNAR TRAIL RELAY (8 people, 120 miles) - 12. Team Kittelson/Cooper/Bacon 18 hours. Kevin & Mary Cooper teamed up with half a dozen relatives to run a trail course in the hills and mountains outside Phoenix. Runners had 3 legs each and Kevin & Mary’s team placed second in their division and 12th overall out of 300 teams.

PISMO BEACH, NOVEMBER 14 - FIRE HYDRANT 5K (Dinosaur Caves Park, same course as the City to the Sea’s Seaside 5K): 4. Dave Dunbar & Shasta .. 8. Stan Rosenfield & Tucker. (30 participants, no times available). Dave & Shasta had their picture on Page 1 of the “Local” section of The Tribune on the morning following the race. Dave had the early lead before winding up fourth.

CLAREMONT, NOVEMBER 14 - N.C.A.A. DIVISION III WESTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS:

Men’s 8K (126 finishers) - 83. John Nichols/Redlands (AGHS, SLDC) 28:27 .. 98. David Avila/Cal Lutheran (AGHS) 28:54.

LOS OSOS, NOVEMBER 15 - SPOONER’S COVE COASTAL TRAIL RUNS (at Montana de Oro State Park, conditions included pouring rain much of the time with gusty winds. The 50K includes going up and down Valencia Peak and Hazard Peak - twice!):

8K (40 finishers) - 3. Paul Lee 45:49.

12K (32 finishers)- 2. Carin Van Gaale/Los Osos 1:11:42 (new women’s record. Carin was the winner of the 2012 SLO Marathon in 3:16:33 and ranks 17th on the all-time SLDC women’s marathon list with that time). .. 22. Christine Rudman 1:50:24.

25K (39 finishers) - 18. Troy Rudman 3:11:14 .. 19. Tom Jefferis/67/Paso Robles 3:11:17 .. 28. Janet Duke 3:40:17.

50K (11 finishers) - 1. Wes Broshears 5:23:49 (won by 11 minutes) .. 3. Brian Mie/Paso Robles 5:45:56.

LAS VEGAS, NEVADA, NOVEMBER 15 - ROCK & ROLL HALF MARATHON (25,000+ runners, cold and very windy):

9. Ben Bruce (ex-Cal Poly) 1:07:28. **SLDC** = 574. Matthew Shuck 1:40:49 .. 2012. Bill Schackart 1:54:23 .. 13653. Patsy Schackart 2:42:17 .. 21059. Giovanna Schaefer (1F-80+) 3:29:40.

ALEXANDRIA, VIRGINIA, NOVEMBER 15 - USAT&F NATIONAL 12K ROAD RACING CHAMPIONSHIP (1,002 finishers):

84. Antonio Arreola/San Jose (ex-SLOHS, Cal Poly, SLDC) 44:00 (23rd masters, 4th-55/59). - / www.usatf.org / -

UNIVERSAL CITY, NOVEMBER 15 - SAY NO TO DRUGS 5K (389 finishers):

1. Sergio Reyes/34/Palmdale (ex-Los Osos, Cuesta College) 15:49. - / www.racewire.com / -

LOUISVILLE, KENTUCKY, NOVEMBER 21 - NCAA DIVISION I NATIONAL CROSS COUNTRY CHAMPIONSHIPS:

Women's 6K (254 runners): 172. Peyton Bilo/Cal Poly 21:20. - / www.ncaa.com / -

SAN DIEGO, NOVEMBER 21 - USA HALF MARATHON (2,435 finishers)

SLDC = 347. Janet Norem (3F-55/59) 1:38:09 .. 1434. Liz Byrnes 1:58:47 .. 1585. Aileen Cota 2:01:28 .. 1711. Heidi Harrison 2:04:09.

Others = 234. Mark Hays/Nipomo (1-65/69) 1:34:58 .. 464. Ricardo Cruz/SLO 1:41:08 .. 2261. Linda Stimson/SLO 2:20:44.



Aileen with Meb Keflezeghi



Janet with her third place award



Heidi Harrison, Aileen Cota, Liz Byrnes, & Janet Norem

JOPLIN, MISSOURI, NOVEMBER 21 - N.C.A.A. DIVISION II NATIONAL CROSS COUNTRY CHAMPIONSHIPS:

Men's 10K (246 runners) - 148. Joshua Ernst/MSU-Moorhead 9SLOHS, SLDC) 31:56. **Teams:** 21. MSU-Moorhead.

Women's 6K (247 runners) - 204. Olivia Watt/Chico State (SLOHS) 23:20. **Teams:** 4. Chico State. - / www.ncaa.com / -

FRESNO, NOVEMBER 21 - CALIFORNIA STATE COMMUNITY COLLEGE CROSS COUNTRY CHAMPIONSHIPS:

Men's 4 Mile (208 finishers) - 60. Aramis Knox/Cuesta (SLOHS, SLDC) 21:41. **Teams:** 11. Cuesta. - / www.directathletics.com / -

WALNUT, NOVEMBER 21 - C.I.F. SOUTHERN SECTION CROSS COUNTRY CHAMPIONSHIPS:

Girls, Division 2 - 84. Talley Hill/AG 20:32. **Boys, Division 3** - 2. Callum Bolger/SLO 14:59. **Girls, Division 3** - 32. Hope Morgan/SLO 19:22 .. 59. Jenny Grady/SLO 20:08 .. 71. Samantha Simard/SLO 20:23 .. 77. Kendall Hamilton/SLO 20:31.

SAN FRANCISCO, NOVEMBER 22 - PACIFIC ASSOCIATION USAT&F XC CHAMPIONSHIPS (Local & Cal Poly runners)

Men's Open (10K)

2. Philip Reid/SLO (ex-CP) 31:27
5. Chris Frias/SLO (ex-CP) 31:32
10. Gordon Sturgess/Paso 32:18
66. Derek Thomas/SLO/ex-CP 35:13
67. Connor Blalock/SLO 35:13
88. John Guerrero/SLO/ex-CP 36:07
(170 runners)

Women's Open (6K)

35. Erin Tracht/SLO-Aggies 23:15
(95 finishers)

Men's Masters (10K)

3. Alan Jackson/Los Osos 34:35
23. Erich Ackermann/ex-CP 36:36
35. Jason Blank/SLO-Aggies 37:46

41. Bruce Storms/ex-Cal Poly 38:15
113. Brent Griffiths/Morro Bay 44:52
117. Jerry Hernandez/ex-CP 45:24
122. Joe Rubio/SLO-Aggies 46:57
(139 finishers)

- / www.pausatf.org / -

FOLSOM, NOVEMBER 22 - PACIFIC ASSOCIATION USAT&F JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS

Boys, Ages 9 & 10 (3K)

12. Luke Reiss 12:37

Girls, Ages 11 & 12 (3K)

3. Taylor Jones/Unatt-A.G. 11:38
(Pismo Beach 5K winner)

Boys, Ages 13 & 14 (4K)

19. Matthew Scurria 13:46
27. Aidan Stamford 13:53
30. Colton Campa 13:58
47. Jack Manning 14:41

Boys, Ages 11 & 12 (3K)

23. Dylan Reiss 12:23

30. Serena Stamford 13:11
- / www.pausatf.org / -

ARROYO GRANDE, NOVEMBER 22 - ARROYO GRANDE RECREATION DEPARTMENT YOUTH TURKEY TROT:

First Grade Boys (1/4 mile) - 6. Hudson Boaz 1:39. **Second Grade Boys** (1/4 mile) - 7. Rowan Basch 1:38.

Third Grade Boys (1/2 mile) - 3. Hayden Boaz 3:13 (won a Cornish game hen).

PASO ROBLES, NOVEMBER 26 - BEARCAT BOOSTERS 10K TURKEY TROT (conducted by the Paso Robles HS wrestling team): Participants included Patrick Connally (first place), Liz Byrnes, Julie Opheim, Michael Dean, and Heidi Harrison.



Hudson, Jill, Steve, & Hayden Boaz
at the Arroyo Grande Turkey Trot



Pat Connally & Heidi Harrison at the Bearcat Turkey Trot

AVILA BEACH, NOVEMBER 26 - AVILA BEACH TURKEY TROT (5 mile run & 2 mile walk on the Bob Jones Bike Trail):
1. Greg Scott .. 2. Ben Walker .. 5. Stevie Wyer (1st-SLDC) .. 6. Courtney Kostrikin (1-F). (times and places were not recorded).
Other club members at this event, which drew about 350 people, were Coker Ellsworth, Denise Layaye, Paul Lee, Steve & Rebecca Wyer, Ralph Wright, Laurel Posey, Stan Rosenfield, Saul David, Debbie Dorney, Denise Youngman, Kevin Wolf (lead bicyclist), Natosha Hoover (traffic control), Dave & Colton Campa (working out on the bike trail), Gene & Tina Richardson, Paul Shires, Julie & Kieran Bolger, and Anne Klinger.

PISMO BEACH, NOVEMBER 26 - SOUTH COUNTRY TURKEY TROT (5K & 10K at high tide):
Participants included Janet Norem & Stephanie Smith. (Times not recorded).

SAN LUIS OBISPO, NOVEMBER 26 - CITY OF SLO RECREATION DEPARTMENT 5K (at the Laguna Lake Golf Course):
conducted Among the runners at this one were Kevin & Mary Cooper, Patrick Lemieux, Charlie Trenbeth, & Brett Osterfeld,

SANTA BARBARA, NOVEMBER 26 - THANKSGIVING DAY FOUR MILE (621 finishers):
100. Bill Schackart (5th-65/69) 31:02 .. 367. Patsy Schackart (2nd-65/69F) 41:58. - / www.active.com / -

SAN JOSE, NOVEMBER 26 - SILICON VALLEY TURKEY TROT:

Elite Men's 5K (54 runners) - 8. Philip Reid/SLO-Aggies 14:05 .. 40. Alan Jackson/Los Osos-Aggies 15:37 .. 4r3. Taylor Castanon/Arroyo Grande-SLDC 15:45. (There were over 10,000 runners in the open 5K and 7,000 in the open 10K).

SACRAMENTO, NOVEMBER 26 - RUN TO FEED THE HUNGRY 10K (1,915 official finishers)

82. Adolfo Lopez 40:40 (1-55/59). , , From Adolfo, "On Thanksgiving day, I ran in the Run to Feed the Hungry 10K in Sacramento. It was a great experience to be part of this awesome racing event. There were 28,000 running and walking in the 10K and 5K events. It's the biggest running event in the USA on Thanksgiving Day and every year the organizers raise over \$100,000 to help the needy. The course is flat with plenty volunteers along the way enduring the cold weather."

FRESNO, NOVEMBER 28 - CALIFORNIA STATE HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS (Woodward Park)

Girls, Division 2 (194 runners) - 18. Leza Cassidy/Arroyo Grande 18:15.

Boys, Division 3 (196 runners) - 2. Callum Bolger/SLO (& SLDC) 15:12. **Teams:** 3. Paso Robles 133.

Girls, Division 3 (191 runners) - 13. Ashley Davis/Paso Robles 18:08 .. 23., Annie Meeder/Paso Robles 18:36.

Girls, Division 4 (192 runners) - 41. Ellie Nisbet/Atascadero 19:23 .. 58. Brittni Frace/Atascadero 19:41. **Teams:** 10. Atascadero.
Boys Division 4 (192 runners) - 6. Ricardo Munoz/King City 15:36 .. 27. Andrew Stafford/Morro Bay 16:08 .. 33. Ricardo Lizardi/King City 16:17. (The King City runners have been part of the group from that school that has come to SLDC's Stride with the Tide 5K for the past two years. Roman was 6th there in 2014 & 2nd in 2015 while Ricardo was 8th in 2014 & 6th in 2015.)
Boys, Division 5 (196 runners) - 25. James Sever/Coastal Christian (Arroyo Grande) 16:27. - / www.prepcaltrack.com / -